



Bulletin board

At the movies Feb. 15 to March 3

Baumholder, Wagon Wheel

Feb. 15 — Blade: Trinity (R) 7 p.m.
Feb. 16-17 — Ocean's Twelve (PG-13) 7 p.m.
Feb. 18-19 — Coach Carter (PG-13) 7 p.m.
Feb. 20 — Spongebob Squarepants Movie (PG) 4 p.m. Coach Carter (PG-13) 7 p.m.
Feb. 21-22 — Flight Of The Phoenix (PG-13) 7 p.m.
Feb. 23-24 — Closer (R) 7 p.m.
Feb. 25-26 — Are We There Yet? (PG) 7 p.m.
Feb. 27 — Lemony Snickets (PG) 4 p.m. Are We There Yet? 7 p.m.
Feb. 28 — Lemony Snickets (PG) 7 p.m.
March 1 — Lemony Snickets (PG) 7 p.m.
March 2-3 — Spanglish (PG-13) 7 p.m.

Büdingen, Little

Feb. 18 — Alexander (R) 7 p.m.
Feb. 19 — Shark Tale (PG) 3 p.m.
Feb. 25 — Woman Thou Art Loosed (R) 7 p.m.
Feb. 26 — Ocean's Twelve (PG-13) 3 p.m.

Dexheim, Rhein

Feb. 18 — Closer (R) 7 p.m.
Feb. 19 — Are We There Yet? (PG) 7 p.m.
Feb. 20 — Flight Of The Phoenix (PG-13) 3 p.m.
Feb. 25 — Spanglish (PG-13) 7 p.m.
Feb. 26 — Hide And Seek (R) 7 p.m.
Feb. 27 — Lemony Snickets (PG) 3 p.m.

Friedberg, Old Ironsides

Feb. 17 — Blade: Trinity (R) 7 p.m.
Feb. 18-19 — Meet The Fockers (PG-13) 7 p.m.
Feb. 20 — Closer (R) 7 p.m.
Feb. 24 — Flight Of The Phoenix (PG-13) 7 p.m.
Feb. 25-26 — Phantom Of The Opera (PG-13) 7 p.m.
Feb. 27 — Lemony Snickets (PG) 7 p.m.
March 3 — Lemony Snickets (PG) 7 p.m.

Giessen, Skyline

Feb. 15-16 — Spanglish (PG-13) 7 p.m.
Feb. 18 — Flight Of The Phoenix (PG-13) 7 p.m.
Feb. 19 — Ocean's Twelve (PG-13) 7 p.m.
Feb. 20 — Blade: Trinity (R) 7 p.m.
Feb. 22-23 — Meet The Fockers (PG-13) 7 p.m.
Feb. 25 — Blade: Trinity (R) 7 p.m.
Feb. 26 — Lemony Snickets (PG) 7 p.m.
Feb. 27 — Meet The Fockers (PG-13) 7



The survivors of a downed aircraft in the Mongolian desert pull together to build a new plane out of the wreckage in this remake of "The Flight of the Phoenix."

p.m.
March 1-2 — Phantom Of The Opera (PG-13) 7 p.m.

Hanau, Evening Star

Feb. 15 — Blade: Trinity (R) 7 p.m.
Feb. 16 — Ocean's Twelve (PG-13) 7 p.m.
Feb. 17 — Blade: Trinity (R) 7 p.m.
Feb. 18 — Pooh's Heffalump Movie (G) 7 p.m. Closer (R) 9:30 p.m.
Feb. 19 — Pooh's Heffalump Movie (G) 4 p.m. Flight Of The Phoenix (PG-13) 7 p.m. Closer (R) 9:30 p.m.
Feb. 20 — Pooh's Heffalump Movie (G) 4 p.m. Closer (R) 7 p.m.
Feb. 21 — Flight Of The Phoenix (PG-13) 7 p.m.
Feb. 22 — Closer (R) 7 p.m.
Feb. 23 — Flight Of The Phoenix (PG-13) 7 p.m.
Feb. 24 — Closer (R) 7 p.m.
Feb. 25 — Hitch (PG-13) 7 p.m. Spanglish (PG-13) 9:30 p.m.
Feb. 26 — Hitch (PG-13) 7 p.m. Lemony Snickets (PG) 9:30 p.m.
Feb. 27 — Hitch (PG-13) 7 p.m.
Feb. 28 — Spanglish (PG-13) 7 p.m.
March 1 — Spanglish (PG-13) 7 p.m.
March 2 — Lemony Snickets (PG) 7 p.m.
March 3 — Spanglish (PG-13) 7 p.m.

Rhein Main, Gardens

Feb. 16 — Hide And Seek (R) 7 p.m.
Feb. 18 — Ocean's Twelve (PG-13) 7 p.m.
Feb. 19 — Flight Of The Phoenix (PG-13) 5 p.m. Coach Carter (PG-13) 7:30 p.m.
Feb. 20 — Closer (R) 7 p.m.
Feb. 21 — The Incredibles (PG) noon Ocean's Twelve (PG-13) 3 p.m. Blade: Trinity (R) 6 p.m.
Feb. 23 — Pooh's Heffalump Movie (G) 7 p.m.
Feb. 25 — Are We There Yet? (PG) 7 p.m.
Feb. 26 — National Treasure (PG) 5 p.m.

Lemony Snickets (PG) 7:30 p.m.
Feb. 27 — Spanglish (PG-13) 7 p.m.
March 2 — Hitch (PG-13) 7 p.m.

Wackernheim, McCully

Feb. 23 — Ocean's Twelve (PG-13) 6 p.m.

Wiesbaden, Flyers

Feb. 17 — Flight Of The Phoenix (PG-13) 7 p.m.
Feb. 18 — Hide And Seek (R) 7 p.m.
Feb. 19 — Closer (R) 7 p.m.
Feb. 24 — Spanglish (PG-13) 7 p.m.
Feb. 25 — The Incredibles (PG) 7 p.m.
Feb. 26 — Blade: Trinity (R) 7 p.m.
March 3 — Meet The Fockers (PG-13) 7 p.m.

Wiesbaden, Taunus

Feb. 15 — Are We There Yet? (PG) 7 p.m.
Feb. 16 — Blade: Trinity (R) 7 p.m.
Feb. 17 — Hide And Seek (R) 7 p.m.
Feb. 18 — Flight Of The Phoenix (PG-13) 7 p.m. Closer (R) 9:30 p.m.
Feb. 19 — National Treasure (PG) 4 p.m. Flight Of The Phoenix (PG-13) 7 p.m. Hide and Seek (R) 9:30 p.m.
Feb. 20 — The Incredibles (PG) 4 p.m. Hide And Seek (R) 7 p.m.
Feb. 21 — Flight Of The Phoenix (PG-13) 7 p.m.
Feb. 22 — Hide And Seek (R) 7 p.m.
Feb. 23 — Closer (R) 7 p.m.
Feb. 24 — Pooh's Heffalump Movie (G) 7 p.m.
Feb. 25 — Lemony Snickets (PG) 7 p.m. Spanglish (PG-13) 9:30 p.m.
Feb. 26 — Pooh's Heffalump Movie (G) 4 p.m. Lemony Snickets (PG) 7 p.m. Spanglish (PG-13) 9:30 p.m.
Feb. 27 — Pooh's Heffalump Movie (G) 4 p.m. Lemony Snickets (PG) 7 p.m.
Feb. 28 — Spanglish (PG-13) 7 p.m.
March 1 — Flight Of The Phoenix (PG-13) 7 p.m.
March 2 — Spanglish (PG-13) 7 p.m.
March 3 — Hitch (PG-13) 7 p.m.

Movies and times subject to change by local theaters. For the most up-to-date schedule visit the ASG's website (see address below).

Movie plots

Hitch (PG-13) — As a tactical adviser who specializes in guiding reluctant lovers, Hitch (played by Will Smith) has been responsible for hundreds of New York City weddings. Eva Mendes co-stars as Sara, a gossip reporter who, after a chance meeting with Hitch, finds their professional and personal lives on a collision course. She teaches Hitch love is not a feeling, it's an action.

Flight Of The Phoenix (PG-13) — A group of air crash survivors stranded in the Mongolian desert with no hope of rescue attempts to build a new plane from the wreckage of the old one in hopes of flying back to civilization in this movie remake. Stars Dennis Quaid and Giovanni Ribisi.

Pooh's Heffalump Movie (G) — Awakened by a rumbling that could only be made by the much-feared Heffalump, the Hundred Acre Wood crew sets out to catch the dreaded creature. Disregarded as too young to partake in such a dangerous expedition, Roo opts to search on his own — with far greater success than his friends in this animated Disney feature.

Hide And Seek (R) — Ann (Daryl Hannah) and Jack (Bruce Greenwood) are a happily married couple; however, their story book life is abruptly rewritten when a deranged couple (Jennifer Tilly and Vincent Gallo) who are unable to have children kidnaps Ann as part of an scheme to steal her unborn child.

Spanglish (PG-13) — Adam Sandler, Tea Leoni and Paz Vega play a successful Los Angeles chef, his wife and their housekeeper in this social comedy that examines the fault lines of culture and morality in an upper-middle-class home.

Lemony Snickets (PG) — Based on the bestselling book series, the "Snicket" saga revolves around a trio of orphans who find themselves fobbed off on a series of odd people. The recurring villain is a distant family relative named Count Olaf who initially takes in the kids, but is clearly trying to separate them from a family inheritance. Stars Jim Carrey, Meryl Streep and Jude Law.

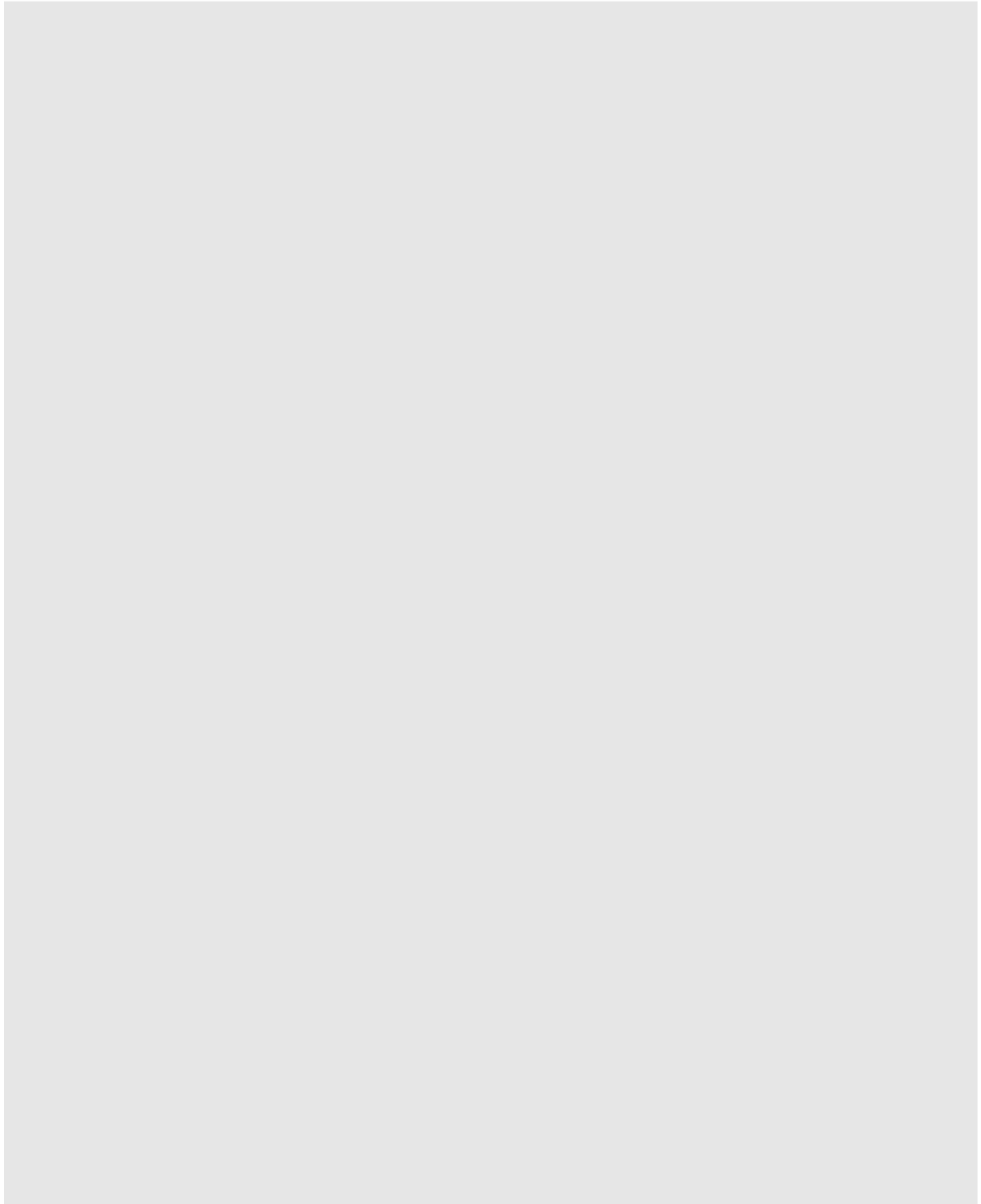
Coach Carter (PG-13) — Inspired by a true story, this is the controversial tale of a high school basketball coach who received both high praise and staunch criticism when he made national news in 1999 for benching his entire undefeated basketball team for poor academic performance. Stars Samuel L. Jackson and Ashanti.

Blade: Trinity (R) — Wesley Snipes returns as a vampire hunter in the third and final film in the Blade franchise. For years Blade has fought against the vampires in the cover of night with the world unaware of the brutal ongoing war. But now, after falling into the crosshairs of the FBI, he is forced into the daylight where he is driven to join forces with human vampire hunters.



Will Smith and Eva Mendes star in the romantic comedy, "Hitch."

Herald Union classifieds



School bits

Parent-teacher conferences

Schools in the 104th Area Support Group will hold parent-teacher conferences on the following dates: ☞ **Elementary schools** — Dexheim March 3 and 4; Aukamm March 4; Hainerberg scheduled by request; Smith, Neubrück and Wetzlar April 22; ☞ **Middle schools** — Wiesbaden March 4; Baumholder, Giessen and Hanau April 22; ☞ **High schools** — Wiesbaden March 4; Baumholder, Giessen and Hanau April 22.

International Night

The National Society of Black Engineers Junior hosts its second International Night at Wiesbaden's Gen. H.H. Arnold High School Feb. 17 from 5-7 p.m. in celebration of diversity. The evening will feature engineering and art exhibits, food tasting, dance, music and public speaking. Everyone is invited to attend.

Service held for Wiesbaden teacher

A Celebration of Life service was held Feb. 5 in Lincoln, Mo., for Gen. H.H. Arnold High School teacher William G. Rimel Jr. who died of cancer Feb. 2. Rimel taught at Wiesbaden Middle School from 2001-2003 and at the high school from 2003 until the present. He is survived by his wife Sharon, daughter Suzanne and son Drew. Condolences can be sent to Sharon S. Rimel, P.O. Box 412, Lincoln, MO 65338. (DoDDS-E Release)

Math Night/Spaghetti Dinner

Argonner Elementary School's Home/School/Community Partnership Cadre host a Math Night and Spaghetti Dinner Feb. 16 at 5 p.m. Dinner is \$2.50 a place including a drink. Proceeds will go to the International Education Relief Fund to help tsunami victims rebuild schools. Call Carolyn James at civ (06181) 906 9844 in advance so that planners can organize the right amount of food.



Spelling Bee in Ramstein

The European Congress of American Parents, Teachers and Students hosts the European Parent Teacher Association Spelling Bee March 20 at the Ramstein Officer's Club. Local winners in grades three to eight will advance to the competition.

No senior trips

Spring recess for Department of Defense Dependents Schools Europe in the 104th Area Support Group will be held April 11-15. During that time DoDDS-E will not sponsor, sanction or authorize any school trips or vacation excursions for students. Each year tour companies offer trips to various vacation destinations and some are marketed as senior trips. Some of the advertisements can be misleading to parents who may think the trips are sponsored and sanctioned by DoDDS. This is not the case, officials said. There may be legitimate trips offered by community agencies; however, they are in no way connected with DoDDS-Europe. Parents are advised to carefully research any trips or activities students are participating in during spring vacation and other times of the year. They should also heed force protection advisories. (DoDDS-E Release)

FBLA Conference

A Department of Defense Dependents Schools-Europe Future Business Leaders of America Spring Leadership Conference will be held March 23-25 at the Edelweiss Hotel and Resort in Garmisch. Students age 12-18 will attend. Conference organizers seek volunteer help including a keynote speaker and competition judges to make the conference a success. Email Bertha Manning, project chairperson, at Bertha.Manning@eu.dodea.edu or call mil 480-6951 to volunteer.

Technology, arts meld at Gen. H.H. Arnold High

By David Ruderman
104th Area Support Group Public Affairs Office

Whether they're drawn to technology or the arts, students at Gen. H.H. Arnold High School have access to an enormous array of programs, said teachers and officials.

"It's an incredible school, and I'm not taking credit for it," said principal Eric Goldman. "When it comes to the raw material of student potential and teachers, we're really way ahead. We've always been in the forefront of technology. We have all kinds of new courses."

"The latest and the greatest is the Cisco Academy — it's a networking class," said Frank Pendzich, engineering and technology instructor. Sponsored by the giant Internet firm of the same name, the academy trains students to work as computer technicians, awarding certificates for two full years of instruction.

"This year we have six kids attempting the certification," said Pendzich. "We also have a computer services and support class that was developed here in this school."

It awards graduates with an A+ certificate, a computer skills competence certificate from the Computing Technology Industry Association that is a key to high tech employment. "That's what all industries require to come in as a computer technician," he said.

Computers suffuse today's classrooms and school environment, said Pendzich.

"They're everywhere. The essential skill for today's generation is familiarity with the computer. Not that it makes you a more well-rounded individual or makes you one with the universe — but it's required. They are what the typewriter, what the blackboard was before."

And there's more for the tech-minded at the school. "We also have our new alliance with AFN," said Goldman.

"We have a number of our students working at AFN as interns," said Donald Seltzer, video communication instructor. "They've done the book work. Now is the time for them to do the real-world, get-their-fingers-dirty course. They're doing some audio, radio and television work."

H.H. Arnold has been able to put \$35,000 into upgrading its video production facilities this year, and the real-world experience is great for young adults, he said. "They're excited about it partly from ignorance. They go into it really enthusiastically and for the most part keep that, but the reality of the situation is that it's not all glamour and fun. We're trying to show them what life is like."

On the other side of the coin is the wide variety of in-depth arts classes available.

"We're going to do the drama festival for all of Europe this year — again," said Goldman.

"I think the students in my drama group are the leaders, the movers and shakers in this school," said Jan Meyers, who teaches AP history and U.S. government, and serves as the drama coach. Her students staged Neil Simon's "Barefoot in the Park" in the fall and are deeply involved in organizing and competing in the DoDDS-Europe drama festival the school will host in late April.

"I kind of guide things along, but we have a very strong



Photo by Karl Weisel

Zach Wilt (left) and Zach Zidzik interview a subject with video communications teacher Donald Seltzer during the 1st Armored Division's homecoming ceremony.

international group of thespians who take the lead on it. It's because I've got such a great group of kids and great community support. It's all student performed and student operated," said Meyers. "I feel the music and art and drama departments are very strong here, and if you walk through the halls and see what kids are doing, you'll find they're involved with the arts."

Technology is an integral part of her students' lives, Meyers said. It is not the technology itself, but rather the instant pop culture and attendant values it creates and delivers to her charges that cause her concern.

"We use it a lot, but I don't think it makes people drop away from the arts. I think that is a concern. Personally speaking I'm saddened by the lack of naivete — they're pretty sophisticated and well informed about a lot things than maybe we were when the world wasn't as tarnished by human reality. They're much more sophisticated and knowledgeable, and maybe just a little bit more afraid. I think that's one of the things technology has done for us. I think it takes a little bit of the joy away. They're doing a lot of adapting that we didn't ask earlier generations to do."

"You would think so, that technology has changed a lot of attitudes," said Steve Fedric, music instructor and band director. "But it's easy to achieve mediocrity. There's no way other than the old steady way of picking up skills."

Fedric spends lots of time teaching students the traditional skills of playing musical instruments and working in tandem with others. "Much to their amazement, it'll start to work. It's an aesthetic experience — once you know it, you know it. There are many paths to nirvana. I would say for kids who study a traditional instrument, there's more of a steady path. If a kid's got the desire to achieve, it's more a question of picking which is the method for them. It's a question of desire and whether it's feasible. A lot of the traditional skills demand discipline, practicing for hours and making incremental progress. That happens slowly."

Whichever path students elect, H.H. Arnold provides a range of choices to get excited about, and the academic achievement that follows shows the method is working.

"We had so many kids on our honor roll that we had to raise the standards. That keeps it really honorable," said Goldman.

Focus on Gen. H.H. Arnold High School



Sports and leisure

Things to do

Darts tournament

Friedberg's Spare Time Lanes and Lounge hosts a darts tournament at the end of February. Entry is \$10. Call mil 324-3207 for details.

USO highlights

Rhein Main Area USOs feature the following upcoming tours and events: **Budapest, Vienna and Salzburg Tour** Feb. 17-21; **Wiesbaden by Night** Feb. 18; **Paris Express** Feb. 18-20; **Evelin's Wellness Paradise** Feb. 21 and March 12; **Limburg and Birkenstock Factory** Feb. 26; **Wiesbaden City Tour** Feb. 26; **Koblenz and Marksburg Tour** March 5; **Rhine River Cruises** March 6 and 13; **Rothenburg ob der Tauber Tour** March 12; **Dublin St. Patrick's Day Celebration** March 16-19; **Black Forest Shopping Triberg Visit** March 19; **World of Wine With Eric The Red** March 20; **Tulip Time in Holland** March 24-27; and **Historic Heidelberg** March 26. Stop by the USO.

On local stages

Giessen's Keller Theater presents "**The Belle of Amherst**" Feb. 17-19 and 24-26. Curtain is at 7:30 p.m. Call mil 343-6515/6400. Wiesbaden's Amelia Earhart Playhouse presents "**The Passion of Dracula**" Feb. 17-20 and 24-27. Curtain is at 7:30 p.m. except for Sunday performances which are at 6 p.m. The Amelia Earhart will feature Giessen's production of the "**The Belle of Amherst**" March 4 and 5 at 7 p.m. Pick up tickets at the Hainerberg or Wiesbaden Army Airfield USO or call the theater for reservations at civ (0611) 816-2473, mil 336-2473.

Hanau's Five Pfennig Playhouse features Gilbert and Sullivan's "**The Pirates of Penzance**" March 18, 24-26, 31, April 1-2 at 7 p.m. and as dinner theater March 19 at 6 p.m. Auditions for the "**The King and I**" will be held March 28-29 at 7 p.m. Pick up tickets at the Hanau USO or call mil 322-8725.

Time to go skiing

Giessen Outdoor Recreation features ski trips to **Winterberg** Feb. 26 and **Garmisch** Feb. 19-21. Call mil 343-8202 for details. Hanau Outdoor Rec offers ski and snowboard trips to the **Black Forest** Feb. 24-25 and 28-29. Call mil 322-6015. Baumholder Outdoor Recreation features a **Black Forest Ski Trip** Feb. 19 and a **Switzerland Ski Weekend** Feb. 25-27. Call mil 485-7003. Wiesbaden Outdoor Rec holds **ski trips to the Feldberg in the Black Forest** Feb. 19-20 and **Switzerland** Feb. 26. Call mil 337-5760.

Frankfurt International Ski Club meets Feb. 16 at 7 p.m. at the Fox and Fiddle Pub in Frankfurt (Blechstr. 46) and offers trips to slopes throughout Europe. Upcoming trips include **Verbier** Feb. 18-20, **Crans Montana** Feb. 18-21, **Zell am See** Feb. 25-27, **Disentis/Sedrun** March 4-6 and **Chamonix** March 11-13. Visit the club website at www.fiscweb.org or call civ (069) 9720 3669.



Program helps civilians shape up

Opportunity to work out during duty hours

The Civilian Fitness Program, which allows civilian employees to be excused from work for three one-hour sessions a week for up to six months, once in a career, is offering open enrollment across U.S. Army Europe during the month of March. The program is designed to improve morale, relieve stress and minimize health risks for Department of the Army civilians.

This DA approved program encourages civilians employed by the Army to engage in a regular program of exercise and other positive health habits.

"The goal of the program is to encourage civilians to initiate and maintain healthy behavioral changes," said Mary L. Ferguson, 104th Area Support Group Health Promotion coordinator. "We monitor their progress through pre- and post-assessments and provide them with information to help them succeed."

Interested candidates should obtain supervisor approval and an enrollment packet. The completed enrollment packet is submitted at the initial fitness assessment, which is scheduled per BSB. The assessments are

Fitness tips from an expert

Health, fitness takes combination of factors

By Michael J. Owens
Hanau Sports, Fitness and Athletics
Branch chief

Most people today assume thinness is essential for good health and happiness. Their simple solution to achieve this is to eat less and exercise more. As current statistics show, the solution is not that simple.

Diets rarely work, and all those devices, pills, powders, supplements and artificial sweeteners have done nothing to nourish what is most important — self-esteem. Factors such as genetics and physiological mechanisms are recognized for their contributions in determining body shapes and sizes.

Physicians, health promotion specialists and researchers are working to change attitudes and approaches to weight loss and management. This new focus concentrates on a positive attitude of lifestyle changes rather than focusing on weight loss solely. Being a healthy person has less to do with a number on the scale and more to do with keeping a balance between the emotional, mental, spiritual and physical aspects of life.

This new attitude of lifestyle change consists of healthy eating in response to hunger and listening to body cues of "fullness" so that a comfortable relationship with food can be built. Regular exercise is not done to only lose and maintain weight, but rather as a way to improve individual health and quality of life. Most importantly, positive self-esteem and self-acceptance are critical in accomplishing this lifestyle attitude change.

Recognizing that you do not have to be thin in order to be healthy and happy, and accepting that everyone has a different body shape and size, will ultimately lead you down



the path to good health and happiness. A complete fitness program must contain three parts: * Aerobic exercise which conditions and develops a healthy cardiovascular system, and assists in weight loss or management. * Muscular strength and conditioning exercise which helps to improve posture and reduce the risk of lower back injuries, along with building strength and assisting in weight maintenance. * Flexibility exercise, which maintains a range of motion in joints and helps reduce the risk of injuries and muscle soreness.

The program does not allow for people to start and stop the program, nor do they get credit for temporary duty assignments or annual leave. The clock starts ticking with the pre-assessment and runs for six months.

According to the latest figures from the

National Center for Disease Control and Prevention, over 60 percent of the U.S. population is overweight and obese, and more than 60 percent of adults do not engage in regular physical activity.

"Regular physical activity combined with proper nutrition are the cornerstones of health," said Ferguson. "According to the Cooper Institute for Aerobic Research, we see the greatest percentage reduction in health risk factors by merely moving from no exercise to moderate exercise three times a week. The program helps relieve stress and builds morale. In return the Army hopes healthier employees will translate to better workers and fewer days missed from illness or poor health."

Registration periods for the program vary at each installation in Europe. For more information contact your local fitness center or the 104th ASG Health Promotion coordinators at mil 322-9509 (Mary Ferguson) or mil 485-7306 (Marilyn Brown).

the path to good health and happiness.

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Aerobic exercise

Aerobic exercise is any activity that uses the large muscle groups in a continuous rhythm for a set period of time. A simple and common example is walking. Walking is considered a weight bearing exercise, along with anything that requires the individual to sustain his or her own body weight through their joints. Other examples include jogging, cardio-kickboxing and step aerobics. However there are non-weight bearing aerobic exercises as well such as bicycling, stationary cycling, swimming and rowing. The key element of aerobic exercise is the intensity level. Aerobic exercise needs to be accomplished at a comfortable pace, a pace that allows you to carry on a short conversation; this is known as the "talk test." This talk test is an easy guide in determining if the intensity level is high enough so that the exercises become effective.

Muscular strength and conditioning can be accomplished using free weights, weight machines or calisthenics. Strength training should include exercises for the muscles of

the arms, chest, back, stomach, hips and legs. When beginning, use a weight that is comfortable to handle for up to eight repetitions. As you become stronger, gradually add more weight and more repetitions.

Flexibility is an important area of a fitness program that unfortunately is often neglected. Proper stretching should be done after the muscles are already warmed up. Hold a mild stretch for 10-30 seconds while breathing normally, and never bounce during stretching. Just like the muscular strength and aerobic exercises, flexibility exercises should include all the major muscle groups.

The most important thing to remember when beginning a personal fitness program is to always consult a doctor before starting, especially if you have any cardiovascular risk factors (high blood pressure, high cholesterol, diabetes, a family history of heart disease and if you are a smoker). These risk factors do not mean you can not participate in a fitness program, it simply means that a few modifications may need to be made so that the program will be beneficial and safe for you.

Fitness center support

Local sports and fitness programs provide a vast selection of recreation and fitness options to choose from. Besides equipment which is always available, centers feature personal trainers, resistance training, strength training, cardio classes, abdominal classes, yoga, spinning, aerobics classes, in-the-field workouts, physical readiness training, boxing conditioning, orientations on fitness and nutrition, informational seminars and group sessions. Stop by your local center for more information.

Sports and leisure

Sports shorts

Kudos to Wiesbaden 10-K runners

The following people were the winners in Wiesbaden's Healthy Heart 10-Kilometer Fun Run Feb. 5: **Women age 12 and under** — Margaret Clavenger first, Claudette Jerez second; **age 18-25** — Fern Michael first, Joy E. Monson second, Leah Sandmann third; **age 26-32** — Susan Snow first, Brit K. Erslev second, Holly Hanson third; **age 33-39** — Lorrie Eidem first, Christina Mendenhall second, Carolyn Dolit third; **age 40 and up** — Gail R. Gilderoy first, Joni K. Rogers second, Helen Washington third; **Men age 13-17** — Isaiah Hickman first, Karl Best second; **age 18-29** — Jacob Truex first, Arand Srivastava second, Jeremy Michaelis third; **age 30-39** — Brad Bracken first, William Staniewicz second, Marshall Mendenhall third; **age 40-49** — Larry E. Purdue first, David L. Clavenger second, Randy L. Austin third; **age 50 and up** — James Engle first, Ron Roguski second, Richard Vincent third. Michael was the fastest woman finisher in 46:15 and Truex led the men in a time of 35:07.

Volleyball Tournament

Baumholder's Mountaineer Fitness Center holds a pre-season Volleyball Tournament March 12-13 at 6 p.m. Call mil 485-6671.

Baseball, softball signup

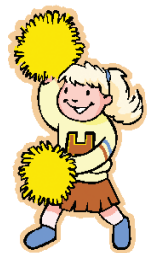
Registration for Baumholder Youth Sports baseball and softball for youths age 5-18 continues through March 18. Volunteer coaches are needed. Call mil 485-7003. The 414th BSB also holds registration for Youth Services baseball, tee ball and softball. All participants must have a valid health assessment. Practices start April 14. To arrange a sports physical call the Hanau Health Clinic at mil 328-6600. To register visit the CLEOS Office in Building 20 on Pioneer Kaserne or call mil 322-9144.

Giessen Aerobathon

Giessen's Miller Hall Fitness Center holds its fifth annual Aerobathon March 5. The free event will feature door prizes, refreshments, aerobics classes, blood pressure screening and more. Call mil 323-7201.

More Miller Hall action

Giessen's Miller Hall will be the site of a **St. Patty's Day Invitational Basketball Tournament** March 12-13, a pre-season **Unit Level Volleyball Tournament** March 16-18 and the **U.S. Forces Europe 2005 Junior Cheerleading Championship** March 19. Call mil 343-8206.



Soccer tournaments

The Friedberg Fitness Center hosts a **Pre-Season Indoor Soccer Tournament** Feb. 26-27. Entry is free. The center on Ray Barracks holds an **Indoor Soccer Tournament** March 5-6. Entry is \$60 per team. The 284th Base Support Battalion **Indoor Soccer Championship** will be held March 26. It's free to all unit-level teams. Call mil 324-3155 or 3552 for details.

Volleyball, soccer sign-up

Deadline to sign up for intramural volleyball and community-level soccer is March 14 at the Baumholder Sports Office. Call mil 485-6671.

Racquetball Invitational

Baumholder's Mountaineer Fitness Center holds a Racquetball Invitational March 19-20 starting at 8:30 a.m. Call mil 485-6671.

Butzbach aerobics

The Butzbach Satellite Fitness Center holds step interval and stretch classes from 7-8 p.m. on Tuesdays and aerobic kickboxing from 7-8 p.m. Thursdays. Both are free. Call civ (06033) 92-5329.

Boxing showdown packs a punch in Baumholder

By LeAnne MacAllister
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Baumholder's Hall of Champions treated fight fans to a night of first-class fisticuffs Feb. 29.

While 15 fighters came ready to jump into the ring, only 10 were matched up for bouts. During the five fights, each lasting three rounds, hundreds of boxing fans rooted for their favorite boxers representing Friedberg, Giessen, Würzburg, Landstuhl, Ramstein, Illesheim and Baumholder.

David Boyer of Headquarters and Headquarters Company, 2nd Battalion, 37th Armor, Friedberg, opened the fights in a featherweight match-up against Robert Coleman of Company C, 16th Engineer Battalion, Giessen. Coleman claimed the winning trophy in the evening's first featherweight bout.

Both boxers said they walked away satisfied with their performances. "This was my first time in the ring. It was a good learning experience, and I'll definitely be back," said Boyer.

In the middleweight division, Charles Jacquier of the 92nd Military Police Company challenged fellow Baumholder Soldier Brett Butterfield of Company A, 40th Engineer Battalion. Local supporters went wild for both the red corner and the blue. Jacquier, in the red corner, won the fight.

The third match-up, between Ian Jackson of Headquarters and Headquarters Company, 3-158th Aviation, Würzburg and Baumholder's Dylan Maycrink of Company B, 40th Engineer Battalion, came down to the scorecards. The crowd waited patiently as the judges compiled their scores for the evening's first light heavyweight battle. In potentially the closest match of the evening, Maycrink came out on top. Baumholder fans expressed their enthusiasm with the judges' decision.

After a short intermission, the attention returned to the ring for another middleweight fight. This time it was Landstuhl versus Ramstein, represented by Domingo Sarmiento and Michael O'Neill, respectively. O'Neill had the honor of taking the first place trophy back to Kaiserslautern.

In the fifth and final match-up of the night, Alein Lopez, representing Headquarters and Headquarters Company, 11th



Photo by LeAnne MacAllister

Ramstein's Michael O'Neill (left) spars with Landstuhl's Domingo Sarmiento in a middleweight bout. O'Neill won the contest.

Aviation, Illesheim, entered the ring to challenge Alector Tavares, representing Company B, 2nd Battalion, 37th Armor, Friedberg. Lopez and Tavares had met in the ring twice before. Each had one win over the other and each had received their only on-record loss from the other. The tiebreaker of the night was a fierce, fast match with Tavares picking up the victory.

"I just went out there and gave it my all," said Tavares.

The Baumholder military community took home the team trophy of the night, with Friedberg right behind them in second place overall.

Lt. Col. James E. Larsen, 222nd Base Support Battalion commander, was on hand to kick off the evening — welcoming fighters and audience members. Elizabeth Bailey sang the national anthem. Chaplain (Maj.) Joseph Vieira led all in a prayer to add a spiritual side to the evening.

Fight fans had another chance to catch live boxing action at Hanau's annual **Black History Month Boxing Tournament** at the Fliegerhorst Fitness Center Feb. 12. See next issue for coverage.

Wiesbaden's Tony Bass Fitness Center holds an **Open and Novice Boxing Tournament** Feb. 25 at 7 p.m. Call mil 337-5541 for information.

DoDDS hoopsters near season's end

Wiesbaden senior guard Robert Edwards dribbles around his Heidelberg Lion opponents in a home game Feb. 5. Bryce Lee and Jordan Ruger each scored 10 points for the Warriors who fell to Heidelberg 40-48. Wiesbaden defeated Würzburg at home 47-42 Feb. 4. In two other Feb. 4-5 match-ups, Hanau Panther boys beat Vilseck twice in Vilseck and Baumholder Bucs boys put away Brussels twice in Brussels. Teams will compete in the European Championships in Mannheim Feb. 23-25.

Photo by Gene Knudsen

